

Games

Bingo : No registration. \$1 at door. Prizes; refreshments served.

Game Time: Mexican Train Dominoes, cards, and board games are available or bring your own! No registration. \$1 at door. Refreshments served.

Farkle: No registration. \$2 at door. Refreshments served.

Recurring Activities

Book Review: Come hear about what others are reading and share your latest find. No assigned reading. Refreshments served. No registration or fee.

Let's Get Sewin': Share ideas and visit while contributing to the community by making projects to donate to area charities. No registration or fee.

Sing-a-long Choir: Meet new friends while singing favorites from the past! Join anytime. No registration or fee.

Yarn Connection: Learn new skills and have fun with friends. We provide yarn, hooks/needles, patterns, snacks and laughter. Help the community by working on charitable projects. No registration or fee.

Exercise Classes

Chair-side Exercise: Range of motion and strength exercises using optional light weights. Some standing and sitting required. No registration or fee.

Move It or Lose It: Range of motion and strength exercises. Some standing and sitting required. No registration or fee.

Vita Band: Use resistance bands for range of motion and strength exercises. Some standing and sitting required. No registration or fee.

Council on Aging Policies

The programs and events listed on the calendar are held at the *Council on Aging*, 1830 S. Broadway, unless otherwise noted. Please refer to the individual flyer on each function for more detailed information or call 684-0777.

Age Eligibility: All activities, programs, and events are open to adults age 50 and older, unless otherwise specified. Contact the Leisure and Learning department, 684-0777, for information.

Registration and Payment Policy:

All activities, programs and events require registration unless noted. Functions that require a program fee must be paid in advance at time of registration unless noted as "Pay at Door." Registration is on a first come basis for events hosted at the COA.

Cancellation Policy: A function that requires a program fee paid in advance must be cancelled more than 3 business days prior to the function to receive a refund unless otherwise specified. Cancellation less than 3 business days will not be refunded.

Transportation: If you need transportation to and from any function please call the transportation desk, 684-0778 or 684-0808, to schedule a ride. Please refer to the transportation policy for scheduling times and rider information. There is a fee for transportation.

Consumer Rights: All services are provided without discrimination on the basis of race, color, religion, national origins, or sex. If you feel you have been discriminated against you have the right to file a complaint. Please contact the Director at (913) 684-0777.

For the hearing impaired TTY # 1-800-766-3777

Si sientes que has sido discriminado, llame al
1-866-305-1343

LEAVENWORTH COUNTY COUNCIL ON AGING

FEBRUARY 2022

Leisure & Learning Program Calendar of Events



1830 S. Broadway
Leavenworth, KS,
66048
Telephone: 684-0777
Fax: 684-0779

E-mail: seniors1st@leavenworthcounty.gov
Website: www.leavenworthcounty.gov/COA

February 2022

Monday	Tuesday	Wednesday	Thursday	Friday	New Events
	1 Let's Roll with Sister Vicki* 11:00—3:30pm Sing-a-Long Choir 1:00-2:30pm	2 Chair-side Exercise 8:30–9:30am Move It or Lose It 9:30 -10:00am Bingo 1:00-2:30pm	3 COA Community Outreach at Exchange Bank in Easton 10:00-11:00am	4 Winter Olympics Event 1:00-3:00pm	Winter Olympics Event: We are partnering with St. John's Hospital to bring you a fun, heart healthy event. Learn how to keep your heart healthy from cardiologists Dr. Katrapati and Dr. Pasnoori , taste heart healthy snacks, try cardio drumming and play fun Olympic themed games. Please RSVP to reserve your spot. No charge. Around Emily's Kitchen Table: Cooking class featuring tortellini soup, garlic knots and microwave fondue for one or two. RSVP; prepay by Feb. 15.; \$6 includes demo, recipes and lunch. Valentine's Day Party: Share sweet treats, warm hearts and the crowning of our royalty with your friends at our afternoon party. Enjoy holiday treats and some special surprises. RSVP; \$3 at event. Mystery Breakfast: The bus leaves the COA at 8:30 am heading for an often-requested destination. RSVP; prepay \$7 for transportation. Breakfast on your own.
7 VitaBand Exercise 8:30 – 9:30am Coffee Group 9:00-10:00am Move It or Lose It 9:30 -10:00am Grief Support Group 10:30-11:30am	8 Let's Roll with Sister Vicki* 11:00—3:30pm	9 Chair-side Exercise 8:30–9:30 am Move It or Lose It 9:30 - 10:00am Caregiver Support Group@ Tongie Riford Center 1:00-2:30pm Game Time 1:00-3:00pm	10 <i>Sewing on the Line</i> Quilt Guild 1:00-3:00pm	11 Valentine's Day Party 1:00 pm	
14 VitaBand Exercise 8:30 – 9:30am Move It or Lose It 9:30 - 10:00am Book Review 10:00-11:00am COA Outreach Tongie 10:00am Let's Get Sewin' 1:00-3:00pm	15 Let's Roll with Sister Vicki* 11:00—3:30pm Sing-a-Long Choir 1:00-2:30pm	16 Chair-side Exercise 8:30–9:30am Move It or Lose It 9:30 -10:00am Bingo 1:00-2:30pm	17 COA Community Outreach at Basehor Library 9:00-10:00am Yarn Connection Group 1:00-3:00pm	18 Around Emily's Kitchen Table 11:00am-12:30pm	
21 Closed: President's Day	22 Let's Roll with Sister Vicki* 11:00—3:30pm Cornhole 1:30pm	23 Chair-side Exercise 8:30–9:30 am Move It or Lose It 9:30 - 10:00am Dementia Caregiver Support Group 10:30-11:30am Farkle 1:00-3:00pm	24 COA Community Outreach at Linwood Library 9:00-10:00am Mystery Breakfast 8:30am	25	
28 VitaBand Exercise 8:30 – 9:30am Move It or Lose It 9:30 - 10:00am Let's Get Sewin' 1:00-3:00pm					
<div><div>Sponsored by: Council on Aging 1830 S. Broadway Leavenworth, KS,</div></div>					

*For additional information about *Let's Roll with Sister Vicki*, please contact Elaine Belardo at *The Deeper Window Association*: (301) 676-7538.
 Newly-added activities are represented in bold print.